

Crew day off

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housecleaning
10:30-11:10	CDR	Maintenance of COЖ
11:10-11:15		БРПК inspection
11:15-11:30		МОЛНИЯ-СМ. LSO equipment removal
11:30-12:30		Physical exercise (VELO + Load Trainer-1 / day 2)
11:45-13:00	FE-1	Physical exercise (TVIS)
13:10-13:40		Daily planning conference (<i>S-band</i>)
13:40-14:40		LUNCH
16:30-16:50	FE-1	Data transfer from TVIS/RED to MEC
16:50-17:10		File transfer from HRM to MEC
17:10-17:25		File deletion from HRM
17:25-17:55		All PCS restart (once a week)
17:55-18:00		IMS automatic file update
18:00-19:30	CDR	Physical exercise TVIS-2
18:00-18:15	FE-1	Physical exercise RED
18:15-19:30		DINNER
19:30-20:00		Daily food prep
20:00-20:30		Pre-sleep
20:30-21:30		SLEEP
21:30-06:00		All PCS restart (once a week)

Task List	CDR	
		Taking pictures of behind panel areas
		MOLNIYA. Equipment removal
		LAPTOP3 AND LAPTOP-PAKET POWER SOURCES REPLACEMENT

Note: See OSTP for references to US activities
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